

Websites, Blogs & Other Resources

Loving dog Interacting with a Child with Down Syndrome
www.youtube.com/watch?v=JA8VJh0UJtg

Animals also have deep emotions, feelings and friendships
www.dailymail.co.uk/news/article-2640112/Depressed-goat-named-Mr-G-refused-eat-SIX-days-separated-burro-friend-Jellybean.html

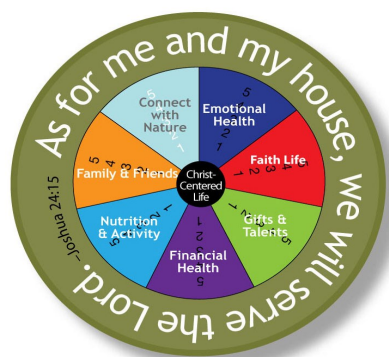
Earth Ministry is an organization in Washington state that partners with religious leaders to care for the environment. Their website is full of great ideas and resources to integrate your faith with your environmental stewardship. earthministry.org/

Lutherans Restoring Creation is a group of individuals and organizations within the ELCA committed to environmental advocacy. Look especially at the "Take Action" section for great resources.
www.lutheransrestoringcreation.org/

Gardening is a great way to connect with nature!! Check out the Dakota County Master Gardener website dakotamastergardeners.org. You will find interesting and informative articles including "Bringing in Plants for Winter" and "Recipes using Bounty from our Garden". Lots more gardening information can be found at the University of Minnesota extension web site www.extension.umn.edu

Lots of tips and education about nature.
www.dnr.state.mn.us/livingwith_wildlife/index.html

Beautiful way to see the whole state in every season.
www.captureminnesota.com/



Connect with Nature

But ask the animals, and they will teach you, or the birds of the air, and they will tell you; or speak to the earth, and it will teach you, or let the fish of the sea inform you. -Job 12:7-8

Activities & Ideas

November 5 - Community Garden at Augustana (presentation)

November 7 - Connecting Nature through Photography (dinner and presentation from photographer, Doug Ohman)

November 10 - Communicating with Animals (Coffee & Conversation)

November 11 - Women & Wine Book Club (lessons from nature)

November 16 - The Healing Power of Nature (Adult Forum)

November 30 - Therapeutic Horticulture (Adult Forum)

December 2—Aromatherapy Class (Digestive Issues)

Visit the Augustana Healing Garden and walk the Labyrinth

Carless Sunday—one day a week (perhaps a Sunday), pledge to save on your environmental impact by not driving a car, but only carpooling, riding a bus, biking or walking

Take a walk around a lake

Embrace the fall harvest in Minnesota. Take a trip to an apple orchard or stop by a farmers' market; the seasonal crops are plentiful!

Try a winter bonfire or learn to snowshoe

A Life in Balance

*Knowing WHO you are
Remembering WHOSE you are*

Augustana Library Resources

Connecting with nature through books:

[The Art of God: The Heavens and the Earth](#)

[The Hand of God](#) – Thoughts and images reflecting the Spirit of the universe

[Teaching Kids to Love the Earth](#) – 186 outdoor activities for parents and teachers

[Prayers Encircling the World](#) – An international anthology

Kids books celebrating God's gift of nature:

[All Things Bright and Beautiful](#) – The beloved hymn paired with lovely paintings. Sing along or read!

[A World of Wonder](#) – Prayers and pictures that express appreciation for our beautiful world

[When the Wind Stops](#) – A book that celebrates the cycle of life

Quotes

"Nature helps me see the beauty in imperfection", —Stacy Eichman-Cardwell

"Apprehend God in all things, for God is in all things. Every creature is full of God and is a book about God. Every creature is a word of God. If I spent enough time with the tiniest creature – even a caterpillar – I would never have to prepare a sermon. So full of God is every creature." —Meister Eckhart (1260-1327), Christian mystic

LORD, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures. —Psalm 104:24

"Adopt the pace of nature: her secret is patience." —Ralph Waldo Emerson

"Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth." —Henry David Thoreau, *Walden*

In every walk with nature one receives far more than he seeks.— John Muir

One touch of nature makes the whole world kin." —John Muir, *Our National Parks*

"Everybody needs beauty...places to play in and pray in where nature may heal and cheer and give strength to the body and soul alike." —John Muir